



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01255, Egg, whole, raw, frozen, salted, pasteurized

Report Date: July 16, 2017 17:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	67.83	3	--	67.6	68	--	--	--	1	Analytical or derived from analytical	--	06/2011
Energy	kcal	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Energy	kJ	577	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Protein ¹	g	10.97	3	--	10.8	11.1	--	--	--	1	Analytical or derived from analytical	--	06/2011
Total lipid (fat) ¹	g	10.07	3	--	9.67	10.87	--	--	--	1	Analytical or derived from analytical	--	06/2011
Ash ¹	g	10.30	3	--	10	10.7	--	--	--	1	Analytical or derived from analytical	--	06/2011
Carbohydrate, by difference	g	0.83	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Sugars, total ¹	g	0.07	3	--	0	0.2	--	--	--	1	Analytical or derived from analytical	--	06/2011
Sucrose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.07	3	--	0	0.2	--	--	--	1	Analytical or derived from analytical	--	06/2011
Fructose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Lactose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Maltose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Galactose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Minerals													
Calcium, Ca ¹	mg	55	3	--	53	57	--	--	--	1	Analytical or derived from analytical	--	06/2011
Iron, Fe ¹	mg	1.71	3	--	1.6	1.86	--	--	--	1	Analytical or derived from analytical	--	06/2011
Magnesium, Mg ¹	mg	9	3	--	9	9	--	--	--	1	Analytical or derived from analytical	--	06/2011
Phosphorus, P ¹	mg	186	3	--	183	190	--	--	--	1	Analytical or derived from analytical	--	06/2011
Potassium, K ¹	mg	128	3	--	117	135	--	--	--	1	Analytical or derived from analytical	--	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	3663	3	--	3,620	3,750	--	--	--	1	Analytical or derived from analytical	--	06/2011
Zinc, Zn ¹	mg	1.30	3	--	1.29	1.31	--	--	--	1	Analytical or derived from analytical	--	06/2011
Copper, Cu ¹	mg	0.064	3	--	0.06	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2011
Manganese, Mn ¹	mg	0.033	3	--	0.03	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2011
Selenium, Se ¹	µg	30.4	3	--	20.8	39.4	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Calculated or imputed	01123	06/2011
Thiamin ¹	mg	0.060	3	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	06/2011
Riboflavin ¹	mg	0.443	3	--	0.43	0.46	--	--	--	1	Analytical or derived from analytical	--	06/2011
Niacin ¹	mg	0.077	3	--	0.07	0.09	--	--	--	1	Analytical or derived from analytical	--	06/2011
Pantothenic acid ¹	mg	1.260	3	--	1.08	1.52	--	--	--	1	Analytical or derived from analytical	--	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.226	3	--	0.21	0.24	--	--	--	1	Analytical or derived from analytical	--	06/2011
Folate, total ¹	μg	69	3	--	56	80	--	--	--	1	Analytical or derived from analytical	--	07/2011
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Folate, food	μg	69	3	--	56	80	--	--	--	1	Analytical or derived from analytical	--	07/2011
Folate, DFE	μg	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2011
Choline, total ¹	mg	297.0	3	--	287	308	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin B-12 ¹	μg	1.21	3	--	0.82	1.77	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Vitamin A, RAE	μg	149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2011
Retinol ¹	μg	149	3	--	147	153	--	--	--	1	Analytical or derived from analytical	--	06/2011
Carotene, beta ¹	μg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Vitamin A, IU	IU	497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Lutein + zeaxanthin ¹	µg	417	3	--	324	500	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin E (alpha-tocopherol) ¹	mg	0.80	3	--	0.7	0.95	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Vitamin D (D2 + D3)	µg	1.5	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2011
Vitamin D3 (cholecalciferol) ¹	µg	1.5	3	--	1.1	1.9	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin D ¹	IU	61	3	--	44	76	--	--	--	1	Analytical or derived from analytical	--	06/2011
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Lipids													
Fatty acids, total saturated	g	3.178	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
4:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
10:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
12:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
14:0 1	g	0.039	3	--	0.03	0.05	--	--	--	1	Analytical or derived from analytical	--	06/2011
15:0 1	g	0.004	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2011
16:0 1	g	2.297	3	--	2.18	2.52	--	--	--	1	Analytical or derived from analytical	--	06/2011
17:0 1	g	0.018	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:0 1	g	0.820	3	--	0.77	0.89	--	--	--	1	Analytical or derived from analytical	--	06/2011
20:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
22:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Fatty acids, total monounsaturated	g	4.000	--	--	--	--	--	--	--	1	Calculated or imputed	--	06/2011
14:1 ¹	g	0.005	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2011
15:1 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
16:1 undifferentiated ¹	g	0.260	3	--	0.23	0.3	--	--	--	1	Analytical or derived from analytical	--	06/2011
17:1 ¹	g	0.009	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:1 undifferentiated ¹	g	3.697	3	--	3.54	3.95	--	--	--	1	Analytical or derived from analytical	--	06/2011
20:1 ¹	g	0.029	3	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	06/2011
22:1 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
22:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
Fatty acids, total polyunsaturated	g	1.627	--	--	--	--	--	--	--	1	Calculated or imputed	--	06/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	1.324	3	--	1.24	1.45	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:3 undifferentiated ¹	g	0.044	3	--	0.04	0.06	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:3 n-3 c,c,c (ALA) ¹	g	0.033	3	--	0.03	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:3 n-6 c,c,c ¹	g	0.011	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
20:2 n-6 c,c ¹	g	0.022	3	--	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	06/2011
20:3 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
20:4 undifferentiated ¹	g	0.170	3	--	0.16	0.18	--	--	--	1	Analytical or derived from analytical	--	06/2011
20:5 n-3 (EPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2011
22:5 n-3 (DPA) ¹	g	0.002	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.046	3	--	0.04	0.05	--	--	--	1	Analytical or derived from analytical	--	06/2011
Fatty acids, total trans	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2011
Cholesterol ¹	mg	387	3	--	357	424	--	--	--	1	Analytical or derived from analytical	--	06/2011
Amino Acids													
Tryptophan ¹	g	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Threonine ¹	g	0.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Isoleucine ¹	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Leucine ¹	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Lysine ¹	g	0.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Methionine ¹	g	0.303	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Cystine ¹	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Tyrosine 1	g	0.463	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Valine 1	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Arginine 1	g	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Histidine 1	g	0.273	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Alanine 1	g	0.607	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Aspartic acid 1	g	1.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Glutamic acid 1	g	1.417	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Glycine 1	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Proline 1	g	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	0.850	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	06/2011

Sources of Data

¹American Egg Board American Egg Board-Egg Nutrition Center Study, 2005